



Town of Lyons
 Department of Parks
 and Recreation
 P.O. Box 49
 Lyons, CO 80540
 303-823-8250

Check out the
 Town of Lyons on
 Facebook! 

Upcoming Events:

Yoga
 Rogers Hall
 September 5-26, 2013

Tennis
 Multi Use Sport Court
 September 7, 14, 21, 28

Parenting Series
 Walt Self Building
 September 10, 2013

Hunters Education
 Walt Self Building
 September 14-15

Reduce Your Risk of Falling
 Walt Self Building
 September 18th, 2013

Silk Painting
 Walt Self Building
 September 18, 2013

Seated Fitness
 Walt Self Building
 September 25, 2013

Parenting Series
 Walt Self Building
 October 8, 2013

Parenting Series

Town of Lyons Parks and Recreation is offering its first ever parenting series! Boulder Psychological Services will be presenting on a range of topics to help better understand your child and to be a more effective parent. Come join other parents in the Lyons community for a free evening of education. All classes are held at Walt Self and are from 6:30-8:30pm.

Facebook, Sexting, and Gaming, OMG!

September 10, 2013
 Learn essential strategies for helping your child successfully navigate the wild world of technology.

Understanding and Dealing with Teen Depression

October 8, 2013
 Colorado leads the nation in adolescent depression. Learn how to recognize the symptoms and what to do about it.

ADHD... or is it?

November 12, 2013
 Hear from experts, parents, and others about the diagnosis of ADHD and other disorders that mimic the same symptoms.

Preparing for Adolescence: From Tween to Teen

December 10, 2013
 Increase your understanding about adolescent development, and its impact on child behavior and family interaction.

CPR/AED & First Aid

This American Red Cross course covers CPR & AED/ First Aid for adults, children and infants. Materials will be provided. Class will be held Sunday, October 20th from 11am-5pm at the Walt Self Community Building. Class is for participants 12 and older, cost \$106.25. Minimum of 6 and a maximum of 20 participants. Please contact Heather at heather.deal@ci.longmont.co.us for questions. Register through the Lyons Parks and Recreation Department.

Halloween is Quickly Approaching.....

Just a reminder that the Annual Halloween Parade will again be the Saturday before Halloween. The date for the parade this year will be Saturday, October 26th at 6p.m. Look for more information regarding the parade schedule and other fun Halloween activities in next months newsletter.

Williams Tennis School Classes



This player development program is based on the modern game and high performance coaching principles. Players will strive to become competitors who can intelligently construct a tennis point and learn to control and finish. Players will be taught solid footwork, fundamentals, world class mechanics, and a strong tactical and mental game. The primary emphasis will always be on fun. Players will learn good sportsmanship, court etiquette, and how to compete and win. The number one goal is to see all players thrive on and off the court and grow the greatest lifetime sport on the planet. All tennis classes will be taught by Williams Tennis School instructors at the Bohn Park Mutli Use Sport Court on Saturdays September 7th, 14th, 21st & 28th. Kids 10 and under –Red Ball (Ages 5-7), held from 9:30-10 am, Orange Ball (Ages 8-10) held from 10-11 am, kids High Performance Tournament (Ages 11-17) held from 11-12:30 pm. Adult Drills/ Skills (All levels welcome) from 12:30-2pm. All classes for adults and kids cost \$6 /.5 HR, \$12.00/1 HR or \$18/1.5 HRS. There is a maximum 8 participants per session. Register thru Lyons Parks & Recreation.

Seated Fitness

This class is designed to help maintain your cardiovascular health, strength, and flexibility while sitting. This class is for ages 50+ and is free. Classes will be held the last Wednesday of each month at the Walt Self Community Building. Next class will be held September 25 at 10:30am. There must be a minimum of 5 participants in order for this class to take place.

All Levels Power Flow Yoga

This class will focus on Vinyassa Flow Yoga with an emphasis on functional strength, core stability, flexibility and proper alignment. In class we will connect traditional yoga postures using breath. Adding elements of organic movement, we will move, flow and engage in new, fun and challenging ways. This class is for the beginner and experienced yoga participant. Classes held Thursdays, September 5– 26 from 7-8pm at Rogers Hall. This class is for adults 18 and older and is \$17 per class/ \$60 for all. There must be a minimum of 5/ maximum of 20. Please register online or stop by Town Hall during business hours.

Reduce your risk of falling!



Come join us Wednesday, September 18 from 12:30-2:30pm at the Walt Self Community Building during Fall Prevention Week to learn how you can get around more safely and with confidence. If you or anyone you know could benefit from some information on fall prevention come join the conversation! We will discuss upcoming classes and will have onsite volunteers providing those interested with fall risk screenings.

Monthly Activities at the Walt Self Building

Please note that days and times have changed. For your convenience all activities will now be on Wednesdays.

Active Adult Arts & Crafts

Come join our monthly arts and crafts class on the fourth Wednesday of every month from 12:30-2:30pm. This class is free to all seniors in Lyons ages 50 and up. On September 25th we will be creating fall themed craft.

Active Adult Game Day

The first Wednesday of every month stop by for a game and conversation. This month we will meet on September 4th from 12:30-2:30pm.

Denver Botanic Gardens Trip

The Town of Lyons Parks & Recreation Department is offering a trip for seniors to get a guided trip of this year's special exhibition at the Botanic Gardens. The tour date has been rescheduled. Please contact Adriana Blacker for more information. The exposition features about 20 sculptures by Colorado artists. Participants will take an hour long guided private tour and then will have lunch at a choice of one of two cafés. Lunch prices range from \$5-\$10 or you can bring your own lunch and find a space around the gardens to enjoy. Everyone will have some time to explore the gardens on their own as well. Persons attending will be responsible for the cost of admission, which is \$14.00 per person as well as for any food and beverage costs. There is a minimum of 10 and a maximum of 17 participants. For more information or to sign up, please contact the department.

Silk Painting

You are invited to learn the basics of painting on silk using a variety of methods such as salt and resist. Silk painting has something for everyone from professional artist to those who have never painted; the technique is very simple. In this class, you will create a wearable scarf or a wall hanging. All supplies included. This class is for anyone 14 and older and will be held Wednesday, September 18 from 6-8pm. Minimum of 6 and a maximum of 10 participants. The fee is \$25 + \$10 Material fee and will be held at the Walt Self Community Building. The registration deadline September 11th.

HUNTER EDUCATION COURSE

The Town of Lyons Department of Parks, Recreation & Cultural Events is pleased to be hosting State of Colorado Division of Wildlife volunteers who will be teaching a hunter education course on September 14 & September 15th in the Walt Self Community Building. Classes will be on **Saturday September 14th 8am-5pm and Sunday September 15th 9am-3pm**. Please call 303-823-8250 and leave a message with all names of those who will be attending and contact information to sign up for the course. A minimum of 15 participants are needed to ensure the class will be provided. A \$10 course fee will be collected the day the program begins.

Children's Pottery Class

Children are natural masters of pottery making. In this class students will learn pinching, coiling and sculpting techniques to make expressive functional and non-functional art work. This class is for ages 9-14 and will be held at the Walt Self Building on October 21st-25th from 3-4pm. There is a \$50 fee and a \$5 material fee to participate in this class. Pieces will be painted with slips, under-glazes and fired to Cone 5. There must be a minimum of 8 and a maximum of 20 participants.

Adult Pottery Class

Learn a variety of pottery forming techniques to make functional pieces and sculpture. In this series of classes, students experience pinching, coil building, working with simple molds and slab building. Surfaces will be decorated using slips and under-glazes and will be finished with a clear glaze fired to Cone 5. This class is for 16 and older and will be held at the Walt Self Community Building October 21st-25th from 1-2:30pm. This class is \$60 + \$10 material fee. There must be a minimum of 8 and a maximum of 20 for the this class to be held.

Parenting Classes for Caregivers of Infants & Toddlers

This parenting class, a collaboration between the Boulder County Early Childhood Council and the Lyons Early Childhood Task Force, is oriented to parents and other caregivers of children 0 - 3 years old. The course will cover the key points in a child's early development, including brain, behavioral and social development and school readiness. Parenting challenges ranging from discipline, sleep, feeding, toilet training, sibling rivalry, mastering anger, and calming a fussy baby will be explored in-depth in this six week journey. Weekly classes will be held on Tuesdays from 6:00 - 7:30pm at the Lyons Community Church meeting room, from September 10-November 19th.

Jesters Dinner Theater

The Town of Lyons Parks & Recreation Department is offering a trip on Sunday, November 10th to go to a showing of The Sound of Music at Jesters Dinner Theater. Those attending will arrive at the Jesters for lunch at 12:30 and the show will follow the meal. Persons attending will be responsible for the cost of the ticket and lunch which is \$28. There is a minimum of 12 and a maximum of 17. For more information or to sign up, please contact the department.

Adult Cardio Sculpt Fitness

This class is designed to help maintain your cardiovascular health by combining high intensity cardiovascular routines with strength training. We welcome you to come and enjoy the benefits of working out in a group setting. Classes held Thursdays, August 22-September 19 from 6:30-7:30pm at the Walt Self Community Building. This class is for adults 18 and older and is \$10 per class/ \$50 for all. There must be a minimum of 8/ maximum of 20. Please register online or stop by Town Hall during business hours.

Brain in a Bag Presentation

We are fortunate to have Dean Brittenham join us to share his expertise on how to strengthen your brain and its ability. This free presentation will be held at the Walt Self Building on Wednesday, October 16th from 12:30-2:30pm. Dean shares his research and gives out tools and exercises for people of any age to continue to develop and grow their brains. Dean's enthusiasm makes his presentation not only exciting to hear about but fun to try as you develop new tools to improve your life! For more information visit www.braininabag.com

Denver Ballet

The Town of Lyons Parks & Recreation is excited to offer a wonderful opportunity for seniors to attend a showing of Giselle at the Denver Ballet. This trip is scheduled for Sunday, October 13th with a 12:30pm departure time. Giselle is described as a romantic classic which demonstrates how love can sometimes be more powerful than death. This particular showing is set to live music by the Colorado Ballet Orchestra. Come join us for a great day of theater, conversation and enjoyment. Transportation will be provided. Persons attending will be responsible for the cost of the ticket which is \$20, and any additional refreshments you would like. For more information or to sign up, please contact the Department. There must be a minimum of 10 and a Maximum 17.

Intergenerational Arts and Crafts

Lyons seniors and youth ages 4-10 years old are invited to take part in a arts and crafts day. This session is free and will be held on Wednesday, October 23 from 2:45-4pm at the Walt Self Community Building. Participants will get to engage with one another and enjoy making crafts together.

Boulder Mud Race



Boulder Mud Race is coming to Lyons Sept 28! 5k plus 25 Obstacles with 3 degrees of difficulty at each Obstacle Station.

9 am: Adult Obstacle Run (Elite Heat 18 & up)
10 am: Adult Obstacle Run (13 to 102 years old)
11 am: Adult Obstacle Run (13 to 102 years old)
Noon: Kids Obstacle Run (6 to 12 years old)

Kids course designed just for them In-Field Spectator Activities Music and Festivities, Food and Beer... Bring the Family! Music starts at 9 am. Sign up at Boulder-MudRace.com

Red Rock Scramble



The 9th annual Red Rock Scramble will be held in Lyons on October 6th, 2013 from 10am-12pm. This 5k run/ walk and 5 mile run begins at the Lyons High School and uses

portions of Bohn Park and other areas around town. Proceeds from the race benefits the Colorado Indian Bar Association. For race information go to www.coloradoindianbar.org/rrs

A Message From Venus de Miles

Venus de Miles is an all-women's bicycle road ride, held on Sunday, September 29th. Venus is coming through Lyons again this year, with a rest stop at the Lyons Elementary School. Venus de Miles is a lot of things – a celebration of sisterhood, support for Greenhouse Scholars, and crazy fun – but one thing it's not is a race. So, don't be afraid to walk your bike up that hill, stop to listen to a band, and, most importantly, enjoy yourself. Join us September 29, 2013, for our 6th year – it'll be bigger, better, and more inspiring than ever. Venus features four courses to accommodate any skill level, from beginner to seasoned rider. And for those Venus de Miles pioneers who are ready for the next challenge, we're offering a 100-mile course. Choose among the rolling 100-mile ride, the calf-cramping 67-mile ride, the heart-pounding 51-mile ride, or the 33-mile jaunt through the scenic countryside. Venus is excited to come through Lyons for our 6th consecutive year. Riders will be arriving as early as 9:00AM, and as late as 3:30PM. We'll have a rest stop at Lyons Elementary from 7:30AM– 5PM, which will provide food and drinks to our riders. Streets impacted will be: Hwy 66, 3rd Ave, High St., Hwy 36, Apple Valley Rd, Old S. St. Vrain, Hwy 7, Railroad Ave., 2nd Ave, & McConnell Dr. For questions please call 303 522-6964 cell or 303 460-1745 work.

DEVIL DASH

The 3rd Annual Devil Dash 5K Mud Run will be held on Saturday, September 14th! Racers will tackle 13 deadly sin themed obstacles along the adventurous course and finish in the Beer Garden of Eden in Bohn Park. The course will be roughly the same as last year. For more information or to register visit <http://www.DevilDash.com> or <http://www.facebook.com/DevilDash>

Good Sam Bike Jam



The Good Sam Bike Jam is coming through Lyons on Saturday, September 15th! There will be an aid station set up in Sandstone Park for race participants. This bicycle race is to benefit the cancer care assistance fund through the Exempla Good Samaritan Medical Center Foundation to provide needed resources for patients and families who may not otherwise be able to afford them. For more information about the race or to sign up please visit www.goodsambikejam.org/.

The Buffalo Bicycle Classic



The Buffalo Bicycle Classic will be coming through Lyons on Sunday, September 8th, 2013. This scholarship fundraising bike ride benefits high merit students at the University of Colorado who exhibit financial need. Since 2003, the ride has awarded more than 1.8 million dollars in scholarships. The ride offers five routes, varying in distance and difficulty and on the 110 Mile challenge there will be an aid station set up at mile 53 in Sandstone Park. Please visit www.buffalobicycleclassic.com for more information.